



The Steps of Basic Parenting Skills for Men

1. Abandon the mental portrait of the male as a substitute/stand in mother.
2. Do not automatically accept the advice, suggestions or demands of females that indicate that you are parenting improperly.
3. Actively incorporate the child into your whole life.
4. Do the tedious daily tasks of care giving.
5. Accept the possibility that you can read and understand children and do not need other to interpret for you.
6. Don't back off because the mother is there.
7. Build a support system of other male parents.
8. Realize that no experience is necessary.
9. Gain good parenting skills.
10. During gestation, participate as much as possible.
11. Include the child in your activities from the start.
12. Build rituals.
13. Expect to experience and learn how to handle feelings of parental competition with the mother.
14. Think in terms of complementary parenting.
15. Expect a decrease in freedom.
16. Accept the fact that men parent differently than the mother.
17. Expect to be more physical in your play with the child.
18. Consistently talk with the child physically and verbally.
19. Treat the child's mother with respect and support.
20. Take care of yourself first.
21. Give yourself permission to teach the child differently than the mother.
22. Do not keep score in any way.
23. Do not allow women to see you as a success object.
24. Deal with your own father.

Fatherhood: the guilt, joy, fear, fun, pain and the intense pride combines to be a fantastic journey for those who choose to take it. Parenting is simple. As with simple undertakings, actually doing it is quite complex and challenging. Long hours of practice, mistake making, correcting and risking transform the complex into the simple.

Source: F-CR Associates

"We must find ways to change our culture so that men are encouraged to spend more time with their children, and we must support men in their resolve to be more involved in their children."

Al Gore Jr. 6/18/1995

Visit the Region III Fatherhood Website at:

http://www.acf.hhs.gov/programs/region3/program_info/fatherhood.html